
The Blue Horizon

E Kokua Pakahi Kakou

January 2002

ISC Honolulu Work-Life Newsletter

Volume 10 Issue 1



We, your Work-Life Staff, continue to welcome opportunities to assist you. Feedback on this monthly newsletter is especially appreciated, as we respond to your interests and concerns. Contact us through our website, www.ischon.net/c/cw, or at 808-541-1580.

Electronic versions of the last six issues of *The Blue Horizon* are available on-line. Visit our website at www.ischon.net/c/cw/the_blue_horizon2.htm



Mission Statement: **Work-Life Programs enhance mission readiness through personal and command information, referral, and intervention for Team Coast Guard.**

Work-Life Staff

Supervisor

LCDR Walt Wrzesniewski

WWrzesniewski@D14.uscg.mil
(808) 541-1581

Family Advocacy Specialist

Owen Norton, MSW,LSW,LISW

ONorton@D14.uscg.mil
(808) 541-1582

Employee Assistance Program Coordinator

Jeri Couthen, MSW, MPH

JCouthen@D14.uscg.mil
(808) 541-1585

Transition & Relocation Programs Manager

Shirley D. Caban

SCaban@D14.uscg.mil
(808) 541-1586

Family Resource Specialist

Mary Mansfield

MMansfield@D14.uscg.mil
(808) 541-1584

Health Promotion Manager

Jessica Dung

JDung@D14.uscg.mil
(808) 541-1583

Staff Secretary

Blue Horizon Editor

Faye Garan

FGaran@D14.uscg.mil
(808) 541-1580
FAX - (808) 541-1590

Ombudsman Program Coordinator

Wanda Allen-Yearout

Wallen-Yearout@D14.uscg.mil
(808) 541-1580

Yes, send me the Blue Horizon!

Name: _____

Address: _____

Mail to: Commanding Officer (cw)
USCG Integrated Support Command
400 Sand Island Parkway
Honolulu, HI 96819-4398

Other Family Services

GUAM

Andersen Air Force Base (671) 366-8136
Naval Station Guam (671) 343-2981
Guam Red Cross (671) 344-9260
After-hours (672) 344-9260

OAHU

Hickam Air Force Base 449-2494
COMNAVREG Pearl Harbor 473-4222/2220
AMR 833-6831
Schofield Barracks 659-1900
MCBH Kaneohe 257-7787
Red Cross (808) 471-3155

Contracted Services

Employee Assistance Program
1-800-222-0364
GUAM and after-hours emergencies
1-800-222-0364
Military On the Move (MOM)
Relocation Information Packages
(800) 332-2053

Reach Coast Guard Work-Life staffs at 1-800-872-4957 followed by these extensions:

ISC Alameda	(252)
ISC Boston	(301)
ISC Baltimore	(225)
ISC Cape May	(629)
ISC Washington	(932)
ISC St. Louis	(302)
ISC Miami	(307)
ISC New Orleans	(308)
ISC Cleveland	(309)
ISC San Pedro	(311)
ISC Seattle	(313)
ISC Honolulu	(314)
ISC Ketchikan	(317)
ISC Kodiak	(563)
ISC Portsmouth	(305)



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The Blue Horizon is written and/or compiled by the Work-Life Staff, located at Integrated Support Command Honolulu, Sand Island.

*Comments and suggestions for future issues are highly encouraged! **Deadline is the 15th day of the preceding month.** Send Inquiries, submissions, and/or requests for copies to:*

**Commanding Officer (cw)
USCG Integrated Support Command
400 Sand Island Parkway
Honolulu, HI 96819-4398**

You can also send e-mail to: FGaran@d14.uscg.mil

Chaplain's Corner

By
LT Daniel E. McKay, CHC, USNR

One of the positive effects of the September 11th attacks is the resurgence of worship attendance across our nation. Why is this the case do you suppose? No doubt, the answers vary from person to person, but consider the following ones.

First, in a changing, uncertain world we all need a solid, dependable Anchor. And certainly no thing and/or no one is more reliable than God. Indeed, the Christian Bible declares this truth time and again (for example, Numbers 23:19; Psalm 102:27; Malachi 3:6a; James 1:17; and Hebrews 13:8).

Second, life's crises have a way of causing us to re-evaluate all we consider important. Suddenly, some of the things we placed before at the top of our list now fall toward the middle, bottom, or even off the list altogether. "No" is uttered from our lips more often, as we earnestly protect our relationships with God, self, family, and others.

Third, as a result, connecting with those who share, encourage, and support our life's values, principles, and morals becomes a priority. Being an active participant in a worshipping community takes on new meaning and purpose. Simply stated, we do not desire to be the proverbial coal sitting apart from the warmth and glow of faith's fire.

An unknown author says it well in the poem "This is My Church": "A *Door* into an opportunity for service, into the most useful life, into the best experience, into the most hopeful future—my church gives me a start. An *Armory* to get power to fight evil, to get inspiration to keep going right, to get an uplifting influence, to learn how to use spiritual weapons, to get a vision of the Lord—my church keeps me moving. An *Anchor* to steady me in the storm, to keep me from the

breakers, to guide me in the strenuous life, to hold me lest I drift away from God, to save me in the hour of temptation—to lead me into the harbor."

May we each know such a Door, Armory, and Anchor is my sincere prayer, for then we'll experience all the more God's love, peace, and joy throughout 2002 and beyond.

Religious Faith and USCG History Calendar:

01 Jan 2002	Mary, Mother of God (Catholic Christian) Feast of St. Basil (Orthodox Christian) Naming & Circumcision of Jesus (Christian)
01 Jan 1850	Minots Ledge Lighthouse begins service
01 Jan 1946	USCG returns to U. S. Treasury Department
02 Jan 1956	CAPT Chester E. Dimick, "Dean" to the cadets, dies at his home in Tryon, N. Carolina
03 Jan 1944	First mercy mission by a rotary wing aircraft conducted by CDR Frank Erickson
05 Jan 2002	Twelfth Night (Christian)
06 Jan 2002	Epiphany (Christian) Christmas (Orthodox Christian)
08 Jan 1958	USCG LORAN Station at Johnston Island begins service
10 Jan 1844	First annual report of Revenue Marine Bureau submitted to Congress
12 Jan 1943	Landings at Amchitka, Alaska
13 Jan 2002	Baptism of Jesus (Christian)
15 Jan 1983	First ever USCG aerial seizure made by Air Station Barbers Point C-130
18-25 Jan 2002	Week of Prayer for Christian Unity
21 Jan 1881	Tillamook Lighthouse begins service
21 Jan 1897	Secretary of Treasurer authorized to award life-saving medals
22 Jan 1944	Landings at Anzio-Nettuno
25 Jan 1799	First legislative reference by Congress to "revenue cutters"
28 Jan 2002	Tu B'shevat (Jewish)
28 Jan 1915	Congress creates the USCG by consolidating the Life-Saving Service and the Revenue Cutter Service
28 Jan 1986	USCG conducts search and rescue effort for crew of NASA's Space Shuttle <i>Challenger</i>
31 Jan 1948	Mrs. Fannie M. Salter retires as keeper of Turkey Point Lighthouse, thereby ending nearly 150 years employment of women in the U. S. Lighthouse Keeping Service.

In God's love,
Chaplain McKay

The Diet Cycle

By
Jessica Dung, MS

The ISC Honolulu Work-Life Health Promotion Manager is responsible for the development and management of the regional health promotion program. She educates and encourages all members of the Coast Guard family to improve their health and wellbeing through a voluntary adoption of a healthier lifestyle.

You know how it goes: You go on a diet. Soon you feel deprived of the foods you like. Then you cheat. So you go on a more extreme diet, cheat again and feel even worse about your failure. As the cycle continues, you feel increasingly unhappy with your body and out of control with food. The extra pounds don't really decrease, but your self-esteem certainly takes a dive. The following article is a service of IDEA, the leading international membership organization in the health and fitness industry and Ms. Lisa Druxman, MA, creator of the Learning Eating Awareness and Nutrition program. The very common yet vicious dieting cycle may be more harmful than you imagined:

- Eating between 500 to 1200 calories per day (typical of diets) slows your metabolism, may result in loss of muscle (which you don't want to lose) and may not supply the nutrients you need to be healthy
- Some studies suggest that dieting may prevent your body from producing enough serotonin to maintain your mood level, leading to food cravings and over consumption of carbohydrates and sugar.
- Some experts believe the body fights to maintain a natural set point, regardless of food intake, and diets might even elevate the set point and increase the size and number of fat cells.
- The dieting cycle can produce feelings of deprivation, self-blame, lowered self-esteem, stress and depression.

Trying the following 10 steps may help break the diet cycle and start a healthy relationship with food:

1. **Redefine Health.** Start to measure your well being by how you feel rather than by what number you see on the scale. Are you strong? Do you have energy throughout the day? Can you walk up three flights of stairs without being out of breath? How is your cholesterol and blood pressure?
2. **Counteract Societal Pressure.** Stop basing your goals on the images you see around you. TV ads for exercise equipment, diet supplementation, even wrinkle cream, are commonly manipulated to portray ideals, not reality.

3. **Choose a Realistic Target Weight.** Are you shooting for a weight that you have not had since high school or college? Take an honest look at your beliefs about your ideal weight. Do you think it will result in a perfect body and a perfect life? Recognize the difference between your fantasies of weight loss and reality. Health care professionals such as nutritionists, physicians, your Unit Health Promotion Coordinator (UHPC), and your Health Promotion Manager (HPM) can help you achieve a new perspective.
4. **Make Sure the Timing Is Right.** If you are facing multiple stressors (those multiple family holiday expectations or a new relationship) or looking for short-term results, move slowly. Real change takes long-term commitment and a supportive environment. By taking small steps you will avoid becoming overwhelmed and sabotaging long-term success.
5. **End Deprivation.** Do you feel addicted to certain foods? Chocolate? Cheese? You may actually be responding to deprivation. Take foods off your forbidden list and, in time, you are likely to stop overindulging. However, this process is slow and professional guidance (your UHPC or HPM) may help.
6. **Shift the Paradigm.** Start concentrating on eating healthier, feeling better, and being more active. Stop focusing on "good and bad" foods.
7. **Take Baby Steps toward Better Choices.** Instead of giving up pizza altogether, try ordering with chicken rather than pepperoni, or go lighter on the cheese topping.
8. **Set Different Goals.** Make physical activity - not dieting- your priority. Again, take small steps so you feel successful, rather than trying too much and setting yourself up for failure.
9. **Build a Support System.** Find supportive people, and teach them how to give you support, such as providing feedback for positive changes you've made, rather than negative comments for slips.
10. **Find Positive Reinforcers.** Make a list of positive reinforcers for encouragement, such as a massage, a new video game or some quality time with your family. Treat yourself after periods of

regular exercise or other sustained healthy new behaviors. Remember, you can break the diet cycle!



FOURTEENTH COAST GUARD DISTRICT - LEGAL ASSISTANCE OFFICE

Greetings and best wishes for this New Year 2002!

The District Legal Office is pleased to announce the arrival of your new legal assistance attorney, BELINDA C. ALCANTARA. Ms. Alcantara has extensive prior experience in providing legal aid in Guam and Hawai'i.

Please be advised that the Legal Assistance Office is here to help with your personal legal needs. Legal assistance and advice may be provided in a variety of areas: wills, powers of attorney, advance directives for healthcare needs, landlord-tenant and consumer affairs, taxes, domestic relations (non-support/family law issues), and your other civil law needs. Thinking of buying a car and/or renting an apartment and have questions? Make an appointment and come in if you have questions about your rights, documents, or concerns. The best way to avoid problems later is to **be informed before you sign.**

As tax season is already upon us, the Legal Assistance Office's hours are **by appointment** as follows:

Tuesday and Wednesdays 9 - 3 p.m. Location to be determined on a case-by-case basis.

Legal Assistance Office hours will be adjusted after tax season. Please call **541-2108** and speak with YN1 Ken Heaton if you would like to make an appointment.

SATELLITE TAX CENTER - VOLUNTEERS NEEDED

Like doing income tax returns? Like helping others? This is an invitation for volunteers to staff this year's Volunteer Income Tax Assistance (VITA) Program. The VITA program is an IRS tax assistance program where volunteers help Coast Guard members prepare and file their federal and state tax returns. Last year, the program provided \$20,000 worth of free tax services to Coast Guard members on Oahu and the outer islands. Volunteers are the key to success for this wonderful quality of life program. The Satellite Tax Center will be located at ISC and is set to open 5 February 2002.

Volunteer tax preparers may be Military (members & dependents), auxiliary, and civilian members. Tax volunteers ideally should be willing to assist 6-8 hours per week during the tax season, which runs approximately from 5 February through 12 April. Work schedules are TBD, depending on the level of interest. One of the many benefits to being a volunteer is **free Internal Revenue Service's training** on tax preparation. Volunteers will attend either of the following mandatory training sessions:

- A. Volunteer Income Tax Assistance training (VITA) 8-11 (Tues-Fri) January 2002 and Electronic tax filing (ELF)/computer training 28-30 (Mon-Wed) January 2002; **or**,
- B. Volunteer Income Tax Assistance training (VITA) 22-25 (Tues-Fri) and Electronic tax filing (ELF)/computer training 28-30 (Mon-Weds) January 2002.

Anyone interested please sign up with YN1 Ken Heaton via e-mail or phone, 541-2108.

BELINDA C. ALCANTARA, Legal Assistance Attorney
Fourteenth Coast Guard District Legal Office

Resolutions You Can Bank On

By
Ms. Jeri Couthen

The Employee Assistance Program Coordinator (EAPC) provides preventive education in lifeskills areas, crisis management, and resource referrals. The EAPC goal is to help Coast Guard members, civilian employees, and family members make independent, informed decisions that improve their quality of life.

A good New Year's resolution is to become financially fit. How do your finances weigh in? Whether you're concerned about retirement or just looking to clean up your finances, the first step is to ask and answer three questions: Where are you now? Where do you want to be? And how do you get there?

Where Are You Now?

To assess where you stand, you need to determine your net worth. Your net worth is the value of everything you own (your assets) minus what you owe (your liabilities). Your net worth is a better barometer of your finances than your income because your net worth represents all your past financial decisions.

Assets include items like your house, car, 401(k) or TSP, savings and household furnishings. When listing your liabilities, include your mortgage, car loan, student loans, credit cards and all other loans and debt. Subtract your liabilities from your assets to get your net worth.

Where Do You Want to Go?

Once you know the status of your financial affairs, then it's time to figure out where you want to go. This is important because, as they say, "If you don't know where you want to go, any road will get you there." This means without goals, your chances for financial success are greatly diminished.

First, set short, medium, and long-term goals. After setting your goals, attach a dollar amount to each one and a timeframe for achieving them. Without a dollar amount and a timeframe, goals are just wishful thinking.

When your goals are set, you need to put in place the tools to help you achieve them. Resolve to set up a budget and stick to it. Start saving money. When you are about to make a purchase, ask yourself if what you're buying today is worth the money you lose toward future goals. At the same time, start reducing debt. If possible, have payments directly deducted from your checking account. Pay the full amount on your credit card bills as soon as they arrive. Also, consider switching to credit cards with lower rates.

How To Achieve Your Goals

Two areas most people often overlook are tax and investment strategies. First, carefully examine your return from last year to see where you can reduce your taxes for the upcoming year. Contribute the maximum amount to a tax-deferred retirement plan like TSP, 401(k) or IRA.

It would be a good idea to resolve in 2002 to start thinking about a long-term investment strategy. Success in reaching your goals means activating your plan. No goal setting process is complete unless the goals are put into action.

Get a clear fix on what you want to accomplish. Visualize yourself achieving your goal. Imagine your lifestyle, your house, your income, and financial security. What do you want your money to do for you? Remember to set a realistic timeframe for reaching each goal.

Resolve to Keep Good Records

Getting your financial papers organized will save you money, time, and aggravation. This resolution could make all other financial dealings easier.

People who are better organized seem to do better financially; they know what they have. They know more about their finances. If you are organized, you'll save money too.

This can seem like a hassle at first, but it gets easier. You'll be able to accurately itemize your tax write-offs. You can avoid bounced checks and late

fees. Managing your money will no longer be a headache.

Finally, remember that it can take several months for a new habit to take hold. Also bear in mind that the key to making financial resolutions work is to set clear-cut goals and work towards them.

Type of Record	Length of Time to Keep – And Why
Taxes - Returns - Canceled checks or receipts (alimony, charitable contributions, mortgage interest and retirement plan contributions)	Seven Years - The IRS has 3 years from your filing date to audit your return if it suspects good faith errors - The 3 year deadline also applies if you discover a mistake in your return and decide to file an amended return to claim a refund - The IRS has 6 years to challenge your return if it thinks you underreported your gross income by 25% or more - There is no time limit if you failed to file your return or filed a fraudulent return
IRA Contributions	Permanently - If you make a nondeductible contribution to an IRA, keep the records indefinitely to prove that you already paid tax on this money when the times come to withdraw
Retirement/Savings Plan Statements	From One Year to Permanently - Keep the quarterly statements from your 401(k) or other plans until you receive the annual summary; if everything matches up, then toss the quarterlies - Keep the annual summaries until you retire or close the account
Bank Records	From One Year to Permanently - Go through your checks each year and keep those related to your taxes, business expenses, housing and mortgage payments - Throw away those that have no long-term importance
Credit Card Receipt and Statements	From 45 Days to Seven Years - Keep your original receipts until you get your monthly statement; toss the receipts if the two match up - Keep statements for seven years if tax-related expenses are documented
House/Condominium	From Six Years to Permanently - Keep all records documenting the purchase price and the cost of all permanent improvements-such as remodeling, additions, and installations - Keep records of expenses incurred in buying and selling the property, such as legal fees and your real estate agent's commission, for six years after you sell your house - Holding on to these records is important because any improvements you make on your house, as w; as expenses in selling it, are added to the original purchase price or cost basis. This adds up to a greater profit (also known as capital gains) when you sell your house. Therefore, you lower your capital gains tax.
Bills	From One Year to Permanently - Go through your bills once a year - In most cases, when the cancelled check from a paid bill has been returned, you can get rid of the bill - However, bills for big purchases – such as jewelry, rugs, appliances, antiques, cars, collectibles, furniture, computers, etc. - should be kept in an insurance file for proof of their value in the event of loss or damage

FAMILY SUPPORT CENTER @ HICKAM AFB

Building 1105, 449-2494 or 449-6475

www.hickam.af.mil/FamSup

CHOOSE A WINNING MUTUAL FUND, Jan 30, 1:30-2:30 pm. In an up-and-down, roller coaster market, how do you pick a winning mutual fund? With over 8,500 mutual funds available, it can be a confusing task. This class will show you techniques that will clear the water and help you reach your goals.

CONFLICT RESOLUTION, Jan 23, 9:00-11:00 am. Join us to learn how to keep your head, cool, and control; and resolve conflict positively. Discover ways to minimize the likelihood of conflicts, how to communicate in difficult situations, and how to mediate disagreements between others. Turn negative confrontations into constructive experiences by attending today!

DEPARTMENT OF VETERANS' AFFAIRS (VA) BENEFITS COUNSELING, Jan 8, By Appointment. Direct from the Department of Veterans' Affairs to Hickam. A counselor will be available for individual 30-minute appointments to address questions and concerns regarding such topics as education, loans, life insurance, and disability and compensation for separating/retiring personnel.

EMPOWERMENT THROUGH COMMUNICATION, Jan 30, 9:00-11:00 am. Am I sure they heard what I think I said? Interpersonal communication skills and the ability to work with people often make the difference between success and failure on the job, in our homes, and in our relationships. If you want to improve your interaction with employees, co-workers, and family members, this is the class for you!

FAMILY READINESS BRIEFING, Jan 7, 14, & 28, 1:00-2:00 pm. Create your own Personal/Family Care Plan in advance. All AF active duty, civilian, and family members facing the possibility of a deployment or remote assignment are encouraged to attend. Learn about free phone cards, child care, and car care.

HOME BUYING 101, Jan 23, 1:00-4:00 pm. Does the thought of buying your first home have you excited or a little apprehensive? What are all these "closing costs?" How many "points" should I pay? Does the VA lend money? Answers to these questions and more will be explored. Information from this class will be applicable for homes purchased in Hawaii or on the mainland.

INTERVIEWING WITH CONFIDENCE, Jan 22, 9:00-11:00 am. Experts agree that the most critical part of the hiring process is the interview. Learn the skills and techniques to turn your apprehension into anticipation.

LOOKING FOR EMPLOYMENT IN HAWAII, Jan 15 & 29, 8:30-11:00 am. Let us help you find the job you want! Explore local employment trends, be informed on employment and education resources, and register to use the JEMS computerized job bank. Class size is limited. Registration is required.

MARKETING YOURSELF FOR A SECOND CAREER, Jan 15, 9:00-11:30 am (Memorial Theater). This "free" program is targeted for officers and NCOs who plan to leave the service in the next five years. Retired Colonel Jerry Crews from The Retired Officers' Association (TROA) will discuss the competition for finding a job, employer perceptions, and a plan for your job search; and provide tips on resumes, interviews, and benefit packages.

MONEY MANAGEMENT, Jan 9, 1:00-2:00 pm. This "hands-on" class will offer the participant the opportunity to create a budget using the automated program available in the Family Support Center's Resource Center. Participants will also use the PowerPay debt management software to assist with credit management.

NATIONWIDE SPECIAL AGENT RECRUITMENT – FBI, Jan 31, 11:00 am-12:30 pm. Ms. Cathy Klawiter, Special Agent, will provide you with information on their 2002 recruitment for special agents nationwide. Must have a 4-year college degree from an accredited institution and a strong resume with 2-3 years of professional, investigative, and managerial work experience. (23-36 years of age)

NEW TO HAWAII FINANCIAL BRIEFING, Jan 16, 1:00-2:00 pm. Designed for all E-4s and below at their second permanent duty station. This financial orientation will help you with your unique assignment to Hickam. This class will introduce you to the many services of the Personal Financial Management Program. Other topics include budgeting, the wise use of credit, and state and county liability laws. Active duty members must register through their orderly room. All others, please call 449-2494.

PLAYMORNINGS, Tuesday-Friday Sessions, Jan 8-31, 9:00-11:00 am. Free and fun playgroups. Parents and children ages 1-5 are invited to join our early childhood specialist for age-appropriate educational and recreational activities. All sessions are held at the Youth Center skating rink. No registration required.

RESUME WRITING I, Jan 17, 1:00-3:00 pm. The resume is the first step towards landing an interview. This class will provide you the necessary tools to make your resume competitive in today's job market.

RESUME WRITING II, Jan 24, 1:00-3:00 pm. You will have the opportunity to have your draft resume reviewed by other participants and FSC staff members. Resume I, TAP Workshop, or equivalent training is required prior to attending this class.

SMOOTH MOVE, Jan 24, 9:00-11:30 am. Being prepared makes relocation less stressful. Subject matter experts will update you on the latest policy changes that may impact your move. All members and/or spouses are encouraged to come.

SPONSORSHIP TRAINING, Jan 3, 9:00-11:00 am. Be a super sponsor! As the unit's ambassador, you can make the relocation to Hawaii a very positive experience. Let us help you by giving you a one-stop shop of the necessary tools and resources needed to be successful. Recommended for all and essential for the first-time sponsor.

TRANSITION ASSISTANCE PROGRAM (TAP) WORKSHOP, Jan 8-10, 8:00 am-4:00 pm, Daily. Join us for a smooth and successful move to a second career or to retirement. Instructors from the Departments of Labor, Defense, and Veterans' Affairs, and other community and base experts will provide information and training on the job search and other critical elements of the transition process. Spouses are highly encouraged to attend.

VOLUNTEER ORIENTATION, Jan 3 & 17, 11:45 am-12:45 pm (American Red Cross, Bldg 1113). Volunteers are needed and wanted on Hickam. Learn about the many volunteer opportunities within the 15th Air Base Wing, PACAF, or tenant agencies. Schedule attendance through the American Red Cross at 449-1488.

VOLUNTEER SUPERVISORY TRAINING, Jan 9, 11:45 am-12:45 pm (American Red Cross, Bldg 1113). Supervisors can make a difference in a volunteer's life! Learn how to hire, motivate, and reward volunteers. Call American Red Cross at 449-1488 to register.

WHAT TO EXPECT AFTER YOU'RE EXPECTING, Jan 16, 6:00-8:30 pm. Maximize your parenting success! Join us for an expectant parent's workshop on the emotional and financial aspects of having a baby. Discover normal newborn characteristics and gain some tips on how to care for your infant. All AF active duty families receive a layette (worth \$70) and a First Year Baby book.

HAPPY NEW YEAR



OAHU HOUSING CORNER JANUARY 2002

DZS/BAKER LLC Maintenance Contractor “Tidbits”



NATIONAL FIRE PREVENTION

Hesitation about whether an alarm is real or what to do next could prove fatal in a home fire. The best way to survive a home fire is to get out fast! That's why practicing fire drills is so important. According to the National Fire Protection Association, people can survive even major fires in their homes if they are alerted to the fire in time and know what to do. There is no time to plan during a fire emergency. Please make the time today, to sit down with your family and prepare a step-by-step plan for escaping a fire in your home. Here are some simple steps to get you started: When the smoke alarm sounds, every second counts.

Install Smoke Alarms

- Keep them in working order
- Test the alarms monthly
- Change the batteries twice a year (any alarm that is more than 10 years old should be replaced)

Make an Emergency Escape Plan

- Draw a floor plan of your home, marking two ways out of every room (include windows as exits)

Practice Exit Drills

- Conduct fire drills in your home
- Make special arrangements for children, older adults, and people with disabilities
- Agree on a meeting place outside your home where every household member will gather, after escaping, to await the fire department

GET OUT!

- DO NOT STOP for anything
- DO NOT try to rescue possessions or pets
- Go directly to your designated meeting place then call the fire department

STAY OUT!

- Once you are out of your home, DO NOT GO BACK!
- If others are trapped, firefighters are best equipped and have the best chance of a successful rescue effort

This information is provided to you through the collaborative efforts of the NFPA and Safe Not Sorry, “The Home Safety People.”



HOLIDAY DECORATIONS

We appreciate all the hard work and creativity from all the residents who participated in our Third Annual Holiday Decoration Contest. We encourage all our residents to start taking down all of your holiday lights and decorations. Please think SAFETY FIRST when removing your decorations, especially if you are climbing up and down from your roof.

DISPOSAL OF YOUR CHRISTMAS TREES



Christmas Trees can be disposed of by placing them at the curbside for pick-up by our DZB contractors. Please ensure the trees are placed properly off the roadway, so as to not impede traffic.



THE COST OF CHILDREN

I have seen the breakdown of the cost of raising a child, but this is the first time I have ever seen the rewards listed this way. The government recently calculated the cost of raising a child from birth to 18 and came up with \$160,140 for a middle income family.

Talk about sticker shock! That doesn't even touch college tuition. But \$160,140 isn't so bad if you break it down. It translates into \$8,896.66 a year, \$741.38 a month, or \$171.08 a week. That's a mere \$24.44 a day!

Just over a dollar an hour. Still, you might think the best financial advice says, don't have children if you want to be "rich." It is just the opposite.

What do you get for your \$160,140?

Naming rights. First, middle, and last!

Glimpses of God every day.

Giggles under the covers every night.

More love than your heart can hold.

Butterfly kisses and Velcro hugs.

Endless wonder over rocks, ants, clouds, and warm cookies.

A hand to hold, usually covered with jam.

A partner for blowing bubbles, flying kites, building sand castles.

And skipping down the sidewalk in the pouring rain.

Someone to laugh yourself silly with no matter what the boss said or how poorly your stocks performed that day.

For \$160, 140, you never have to grow up. You get to finger-paint, carve pumpkins, play hide-and-seek, catch lightning bugs, and never stop believing in Santa Claus.

You have an excuse to keep: reading the Adventures of

Piglet and Pooh, watching Saturday morning cartoons, going to Disney movies, and wishing on stars.

You get to frame rainbows, hearts, and flowers under refrigerator magnets and collect spray painted noodle wreaths for Christmas, hand prints set in clay for Mother's Day, and cards with backward letters for Father's Day.

For \$160,140, there is no greater bang for your buck.

You get to be a hero just for retrieving a Frisbee off the garage roof, taking the training wheels off the bike, removing a splinter, filling a wading pool, coaxing a wad of gum out of bangs, and coaching a baseball team that doesn't always win but always gets treated to ice cream regardless.

You get a front-row seat to history to witness the first step, first word, first bra, first date, and first time behind the wheel.

You get to be immortal.

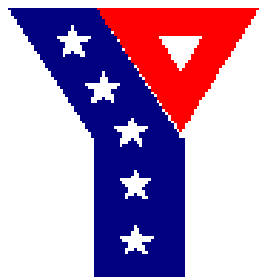
You get another branch added to your family tree, and if you're lucky, a long list of limbs in your obituary called grandchildren.

You get an education in psychology, nursing, criminal justice, communications, and human sexuality that no college can match.

In the eyes of a child, you rank right up there with God.

You have all the power to heal a boo-boo, scare away the monsters under the bed, patch a broken heart, police a slumber party, ground them forever, and love them without limits, so one day they will, like you, love without counting the cost.

ENJOY YOUR KIDS AND GRANDKIDS!!!!!!!



Armed Services YMCA/AMR
January 2002 Calendar of Events
1875 Aliamanu Drive, Honolulu, HI 96818
Phone # 833-1185, Fax # 834-3631
E-Mail: ASYMCAAMR@aol.com
Open Mon-Thurs, 8:00am – 1:30pm

PLAYMORNING

A mobile playgroup **free of charge** in community centers and parks. A great opportunity to share ideas, learn through play, make friends and have fun!

THEME FOR JANUARY--Animals

LOCATIONS & TIMES FOR AMR :

- ASYMCA Pavilion M, W, Fr 9:30-11:00
- Red Hill CC Monday 10:30-12:00
- Ft. Shafter S-plgrnd Tuesday 9:30-11:00

LOCATIONS & TIMES FOR PEARLHARBOR:

- Pearl City Penn CC Monday 9:30-11:00
Thursday 10:30-12:00
- Moanalua CC Tuesday 9:30-11:00
- McGrew CC Wednesday 9:30-11:00
- Manana CC Wednesday 9:30-11:00
- Catlin/Halsey CC Thursday 9:30-11:00
- Hale Moku CC Friday 9:30-11:00

***NOTE "CC" stands for Community Center

** AMR Playmorning is now held in our classroom.

KINDERMUSIK

An early childhood music and movement program based on the belief that every child is musical. It will be available every Thursday. If interested, call Judy Wood at 624-2099. Classes and prices range by age, ages available are Newborn to 7 years.

LAMAZE

This class provides great information & instruction on everything you need to know about childbirth. The class meets every Thursday for 6 weeks from 7-9pm. The next class begins January 10 through February 14, 2002. **Payment for this class is due no later than Jan. 3, 2002.** Another Class will begin on February 21 through March 18, 2002. **Payment for this class is due no later than February 14, 2002.** Any questions please call us at 833-1185.

T.O.P.S.

Lose weight, have fun, find friends, join us to Take Pounds Off Sensibly. We meet at the ASYMCA/AMR every Wed from 5:30-7:00pm. Call Delcie Akua @ 623-1403 or Jayne Desamito @ 845-8195 for more information.

INFANT/CHILD CAR SEATS

Have family visiting from out of town? Just got into town yourself? Loaner infant/toddler car seats are now available for those who need them. No charge, just an ID card required..

WELCOME BABY

This program provides home visitors who call on the families to-be to offer support and answer questions new mothers and fathers have about their new baby. This program is in conjunction with the Joint New Parent Support Program at Tripler AMC and the ASYMA.

NOW OPEN!!!!!!

CHILDREN'S WAITING ROOM

The Children's Waiting Room is a place where you can drop off your child(ren) if you have a doctor's appointment. The Armed Services YMCA is in **NEED** of volunteers to keep this program running at Tripler Army Medical Center. If interested in volunteering, or placing an appointment, please call us at 833-1185. The hours of the waiting room are **Monday, Tuesday, and Thursday from 8:00-12:00**

IMPORTANT DATES TO REMEMBER:

1. MONDAY JANUARY 21, 2002—
Martin Luther King Jr. Day
ASYMCA CLOSED.
2. MONDAY JANUARY 7, 2002—
NO PLAYMORNING due to
Staff training.

HAPPY NEW YEAR!

21/MONDAY	22/TUESDAY	23/WEDNESDAY	24/THURSDAY	25 FRIDAY
PLAYMORNING HAPPY Amr-9:30-11:00am Red Hill-10:30-12:00pm Pearl City-9:30-11:00am NEW YEAR! Reminder: Jan 21 st is Martin Luther King Jr. Day. ASYMCA WILL BE CLOSED. No Playmorning.	1 PLAYMORNING Ft. Shafter-9:30-11:00am Moanalua-9:30-11:00am	2 PLAYMORNING Amr-9:30-11:00am McGrew-9:30-11:00am Manana-9:30-11:00am	3 PLAYMORNING Pearl City-10:30-12:00pm Catlin/Halsey-9:30-11:00am	4 PLAYMORNING Amr-9:30-11:00am Hale Moku-9:30-11:00am
7 NO PLAYMORNING STAFF TRAINING.	8 PLAYMORNING Ft. Shafter-9:30-11:00am Moanalua-9:30-11:00am	9 PLAYMORNING Amr-9:30-11:00am McGrew-9:30-11:00am Manana-9:30-11:00am	10 PLAYMORNING Pearl City-10:30-12:00pm Catlin/Halsey-9:30-11:00am	11 PLAYMORNING Amr-9:30-11:00am Hale Moku-9:30-11:00am
14 PLAYMORNING Amr-9:30-11:00am Red Hill-10:30-12:00pm Pearl City-9:30-11:00am	15 PLAYMORNING Ft. Shafter-9:30-11:00am Moanalua-9:30-11:00am	16 PLAYMORNING Amr-9:30-11:00am McGrew-9:30-11:00am Manana-9:30-11:00am	17 PLAYMORNING Pearl City-10:30-12:00pm Catlin/Halsey-9:30-11:00am	18 PLAYMORNING Amr-9:30-11:00am Hale Moku-9:30-11:00am



Tripler Army Medical Center News Release

Ask the Doc: Most supplements not regulated for safety, effectiveness

Tripler Army Medical Center Family Practice Clinic

Q: I work out hard, but always fall short of maxing the APFT by just a few points. Some of my buddies swear by mega-vitamin and supplement packs. Is there anything out there that can give me the boost I need?

A: First of all, great job on your dedication to physical training and on your desire to excel to the utmost. Although many athletes use dietary supplements in the hopes of improving their performance, mega-vitamins, herbs and most other supplements can be extremely costly and are not regulated for safety or effectiveness like over the counter medications and prescription drugs. Some supplements have even been linked with sudden death in otherwise healthy active duty soldiers. Watch out in particular for products containing ma huang, also known as ephedra, which can cause heart problems. Products containing steroids can cause permanent breast and genital changes; most are illegal. Creatine seems to be a relatively safe supplement in normal doses, but long-term effects are not known and high doses have caused kidney problems in animals. Moreover, the effectiveness of creatine seems to vary based on the individual as well as the activity. Mega-dose vitamins are toxic over the long term and are able to cause everything from eye to nerve problems. For soldiers on flight status, the use of mega-dose vitamins is medically disqualifying (APL 141).

As a rule of thumb, more is NOT better when it comes to using supplements. If you choose to use supplements, it is important to let your physician know, especially if you are being seen for an acute problem or are undergoing surgery. For the best bet in improving your physical performance, see a Master Fitness Trainer who can help you work on your push up and sit up technique as well as individualize an exercise program for you. With the proper motivation and training, your physical performance goals are sure to be met without supplements that can affect your health!

Q: Since I've come onto active duty, I've had really bad acne outbreaks even though I scrub my face three times a day and avoid greasy foods and chocolate. My official photos are coming up in a few months and I feel so ugly! What else can I do?

A: Acne commonly affects young adults and sometimes older adults as well. Too often, acne can be an unnecessary source of embarrassment, leading to social withdrawal and a poor self-image. Contrary to popular belief, it is not caused by poor personal hygiene or by eating certain foods. Acne is actually caused by plugged skin follicles. During times of hormonal change, the sebaceous glands of the skin produce increased amounts of a substance called sebum. Some individuals naturally produce more sebum than others do. Not only does sebum irritate the skin, it also allows a bacteria that normally grows on skin (called *Propionibacterium acnes*) to flourish. Scrubbing the face vigorously is usually counterproductive since it can further irritate the skin. Individuals with acne should instead gently wash their face with a mild soap (such as Dove, Purpose, Basis) no more than 2 or 3 times a day. Benzoyl peroxide is a popular over the counter acne agent that works well by killing bacteria. However, over use of benzoyl peroxide products may irritate the skin, especially if they are applied immediately after washing or while the skin is still wet. Certain types of birth control pills such as Ortho-Novum and Tri-Cyclen can improve acne. Other birth control pills such as Lo-Ovral and Ovral can make acne worse.

For individuals with acne that is severe, cyst like or not responding to over the counter treatments, don't wait until scarring occurs before making an appointment with your family physician or nurse practitioner. Prescription antibiotics like tetracycline and minocycline can be used with or without benzoyl peroxide to kill bacteria. Beware that birth control pills may not work as effectively in preventing pregnancy when these medications are taken. Treatments like Retin A and Accutaine actually break down plugs and can prevent acne from reoccurring in the future. Both may take several weeks before working to their fullest and flairs of inflammation are common within the initial weeks of treatment while the plugs are being broken down. Accutaine, also known as Isotretinoin, is often used only when other treatments have failed since it requires the monitoring of liver, triglyceride and blood cell levels. It can also cause birth defects, so females must use at least two methods of contraception when taking Accutaine. Acne is a problem that no one should have to suffer with when so many treatments are available!

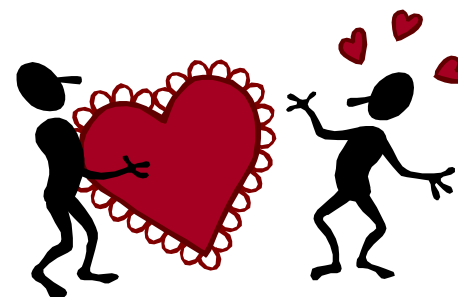
For more information on any of the *Ask the Doc* topics, check out <http://familydoctor.org>. Anyone who would like to submit a question to "Ask the Doc" may write to: Ask the Doc, Family Practice Clinic, Tripler Army Medical Center, 1 Jarrett White Road, TAMC, HI 96818.

United States Coast Guard

Commanding Officer
USCG Integrated Support Command
Work-Life Center
400 Sand Island Parkway
Honolulu, HI 96819-4398

PREP (Preparation Relationship and Enhancement Program) Enhancing Your Marriage

What: A one-day workshop for couples on improving communication skills and resolving conflicts
When: Saturday, 19 January 2002 0830-1500
Where: KKH Community Center
Cost: FREE!!! (Limited to the first 15 couples that register)
Facilitators: Owen Norton, Family Advocacy Specialist (541-1582) and Chaplain Dan McKay (541-2076)
To Register: Call Owen Norton



The PREP program is based on over 20 years of research on skills and knowledge that constitute successful marriages. Participants are not asked to share personal problems; individuals are presented with opportunities to discuss and practice skills with their partner.

Communication. Commitment. Conflict Resolution. Research has shown that practicing these Three C's contributes toward a successful marriage. Sometimes we practice unhealthy habits. Our aim is to share skills that will help you become a better communicator. When you face the inevitable problems that all couples experience, you'll be armed with the communication skills to resolve your conflicts constructively and demonstrate the commitment to your marriage. By consciously applying these skills, you'll find that the practice will come naturally to you. The foundation of the program is the Speaker / Listener Skill, and 75% of men who attend report that this is the most important thing they learn, and 71% of the women report that it is the most useful thing they learn.

PREP is *not* a counseling program, but an educational program. It is coaching very much like learning to play golf or tennis. To learn more about PREP, go to prepinc.com



Start the New Year off right improving what may be the most important relationship in your life.

We're excited to offer this course to you free of charge. In the civilian community, the cost would be several hundred dollars